



Flight Jacket

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Marine Corps Air Station Miramar

August 16, 2002

Miramar Marines spread Patriotism 100 yards

Story by Lance Cpl. Robert W. Wynkoop

MCAS Miramar

Marines and Sailors joined together Saturday for the San Diego Chargers' 14th Annual Salute to the Military night at Qualcomm Stadium.

Navy Region Southwest band started the pre-game show with patriotic music as Sailors carried flags of the 50 states along the sidelines.

Following the band, the Navy Leap Frogs parachute team trailed by streams of colored smoke, parachuted from a C-130 Hercules into the stadium full of screaming fans. Marine Corps, Navy and Coast Guard color guards then took their positions for the National Anthem.

Lance Cpl. Jonathan D. Zoerhof, Headquarters and Headquarters Squadron military police officer, MCAS Miramar, sung the National Anthem. According to Zoerhof, he felt singing the Anthem was one of the best things he's done in his life.

"I know my mom was waiting by her TV to hear me sing," Zoerhof said. "I'm happy to represent the Marine Corps like this."

The 3rd Marine Aircraft Wing marching band combined with members from the Marine Corps Base Camp Pendleton and

Marine Recruit Depot San Diego bands, kicked off the half time show playing "The Marines' Hymn".

Miramar Marines, marching in cadence, with a football-field-sized American Flag

spreading the 100-yard by 50-yard Ensign across the entire field as the loud speaker played the sounds of Lee Greenwood's "Proud to be an American." Marines from MCRD San Diego performed a reenactment

of the flag raising on Iwo Jima.

Tears poured down faces of the fans as the flag billowed across the field and fire-

See **Patriotism**, page 7



MCAS Miramar Marines stretch the 100-yard by 50-yard American Flag across the field during the halftime show. Photo by Staff Sgt. John D. DiDomenico

Aviation supply officer begins general court martial for conspiracy to commit larceny, other charges

Story by Cpl. Rob Henderson

MCAS Miramar

The court martial for Maj. Darryl S. Phillips, former aviation supply officer and approving official, Marine Aircraft Group 46, began here Tuesday.

Phillips is accused of theft totaling \$401,639.00 from the Marine Corps, obstruction of justice, and obtaining services under false pretenses.

Phillips is also charged with fraternization, adultery, conspiracy to commit larceny, and encouraging subordinates and civilians to participate in criminal acts. The charges cover nearly six years of alleged wrongdoing by Phillips.

"This case revolves around trust," said Maj. Paul J. Ware, senior trial counsel, Headquarters and Headquarters Squadron. "Trust is the cement that holds the Marine Corps together."

In his opening statement, Ware spoke about the way Phillips was allegedly able to pull off a scam of such pro-

portion.

The suspected thefts occurred through a conspiracy of Marines and civilians who worked for or near Phillips, said Ware.

The bulk of Phillips' charges stem from allegations that Phillips, under the guise of several companies owned by himself or close partners, billed Marine Aviation Logistics Squadron 11 and MAG-46 for more than \$400,000.

J. Michael Roake, defense attorney for Phillips, maintains his client's innocence. In his opening statement, Roake blamed the Marine Corps and Navy purchasing system's, lack of Marine Corps orders and no direction from higher headquarters for ruining Phillips' reputation as a stellar Marine Corps officer.

"Maj. Phillips has more than 20 years of good and faithful service," said Roake. "He is facing retirement as soon as this trial is over. He is a mustang officer and was always considered the 'go-to' guy."

If convicted of all charges, Phillips faces more than 60 years in prison.

Around the Corps

Hunting for smugglers in Kosovo

Story by Master Sgt. Phil Mehringer

Marine Forces Europe

KOSOVO, Serbia — In the high mountains near the Macedonian border is a company of United States Marines providing support for Operation Rapid Guardian 3-02.

Marines from Golf Company, 2nd Battalion, 25th Marine Regiment are conducting anti-smuggling operations along the Macedonia and Kosovo borders. The Marines have a secondary mission of promoting peace and stability in the post-war area.

Operation Rapid Guardian 3-02 is an operational rehearsal testing the ability of the U.S. component's strategic reserve force to augment NATO's ongoing peacekeeping efforts in Kosovo. The Marine Corps usually supports this tasking with Marines from a deployed Marine Expeditionary Unit normally located

See **Kosovo**, page 11

Inside

Weekend forecast from Miramar's weather station



78°

Today



78°

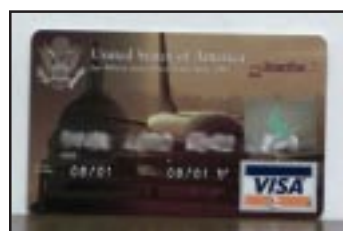
Saturday



86°

Sunday

Government Credit Card misuse has a penalty



Page 3

This is not a video game



Page 6

Miramar awarded 10 MCAA awards:

Five 3rd MAW squadrons, five Marines awarded

Story by Sgt. W. A. Napper Jr.

MCAS Miramar

Five Marines and five 3rd Marine Aircraft Wing squadrons were recently announced the recipients of the Marine Corps Aviation Association awards.

According to Marine Administrative Message 373-02, the recipients were selected for the 2002 Annual Aviation Awards, and will officially receive their award Sept. 12-15 at a ceremony in Norfolk, Va.

Captain Jay M. Holterman from Marine Medium Helicopter 163 was selected as the

aviator of the year. He will receive the Alfred A. Cunningham award. Staff Sgt. Anthony D. Ritacco also from HMM-163 was selected as the enlisted aircrewman of the year. He will receive the Danny L. Radish award. Sergeant Jeremy G. Clement from Marine Light Attack Helicopter Squadron 169 was selected as maintenance Marine of the year. He will receive the Willie D. Sproule award. Gunnery Sgt. William B. Downing from Marine Aviation Logistics Squadron 39 was selected as the aviation supply Marine of the year and will receive the Ken W. Southcomb award. Gunnery Sgt. Allen L. Garrant from Marine Fighter Attack Squadron 323 was selected as the avionics Marine of the year and will receive the Paul G. Vess award.

Winners for 3rd MAW are: Marine Heavy Helicopter Squadron 465, selected as Marine Heavy Helicopter Squadron of the year, and will receive the Keith B. McCutcheon award. Marine Medium Helicopter Squadron 163, selected as Marine

Medium Helicopter/Tilt Rotor Squadron of the year and will receive the Edward C. Dyer award and HMLA-169, of Marine Corps Air Station Camp Pendleton, was named Marine Light Attack Helicopter Squadron of the year and will receive the John P. Giguere award. Marine Helicopter Training Squadron 303, from MCAS Camp Pendleton, received the Commandant's Trophy and will receive the CMC Aviation award, and Marine Fighter Attack Squadron 232 received the Pete Ross Aviation Safety Award.

"To be perfectly honest, I'm just a guy who's sitting here now. It's really for what the last commanding officer did," said Lt. Col. D. C. Deamon, HMH-465 commanding officer. "It's really interesting what these Marines have achieved. "It just goes to show the squadron did a tremendous job training personnel to perform at the different levels needed, and that no matter what challenge there is they can step up to the plate."



Amos takes command

Major Gen. James F. Amos took command of the 3rd Marine Aircraft Wing in a change of command ceremony on the flight line Aug. 9. Major Gen. Charles F. Bolden Jr. retired after 34 years of service in the Marine Corps. Major Gen. Amos graduated from the University of Idaho in 1970 and was designated a Naval Aviator in 1971. He is a graduate of the Armed Forces Staff College and the Air War College. His personal decorations include the Defense Superior Service Medal, Legion of Merit, Bronze Star, Meritorious Service Medal, Joint Service Commendation Medal, Navy and Marine Corps Achievement Medal and numerous campaign and service awards. *Photo by Lance Cpl. Chance W. Haworth*



General Frocking

Major Gen. James F. Amos pins on his second star at a frocking ceremony at the 3rd Marine Aircraft Wing Headquarters conference room, Aug. 8. Major Gen. Charles F. Bolden Jr., performs the ceremony, and Major Gen. Amos' wife, Bonnie, helps pin on the stars. The following day Maj. Gen. Amos took command as 3rd MAW commanding general. *Photo by Sgt. W.A. Napper Jr.*

Surf the Flight Jacket online
www.miramar.usmc.mil/flight/flight.htm



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Jon A. Gallinetti
Commander, Marine Corps Air
Bases Western Area

Maj. Gen.
James F. Amos
Commanding General, 3rd Marine
Aircraft Wing

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DoD Fights Government Credit Card Abuse

Story by Linda D. Kozaryn

American Forces Press Service

WASHINGTON — Defense officials are on the trail of anyone who hasn't paid their government travel credit card bill and those who've misused government purchase cards.

Defense Secretary Donald H. Rumsfeld "is moving forcefully" to correct department travel and purchase credit card problems, "which he considers to be very serious," DoD Comptroller Dov S. Zakheim said in a Pentagon press briefing recently. The department intends to have a package of remedies in the form of proposed legislation or administrative changes within 60 days, he added.

Zakheim said he set up a task force about a week ago made up of the DoD inspector general and Defense Criminal Investigative Service, and representatives from the Office of Personnel Management, Justice Department and Office of Management and Budget. The task force objectives are to investigate and punish wrongdoers, develop reforms, and improve training and senior management enforcement.

The Defense Department has issued about 1.4 million travel credit cards to individual employees and service members. Last year, cardholders charged some \$3.4 billion using the cards. The department has also issued about 207,000 purchase cards to persons authorized to buy office supplies and equipment. Last year, \$6.1 million was spent using DoD purchase cards.

Defense officials say users' current delinquency rate on travel cards is 11.7 percent and 3 percent for centrally billed purchase card accounts.

Accounts are considered delinquent when payment is not made within 60 days.

Punishment for card misuse, fraud and

abuse include termination of DoD employment, imprisonment, probation, restitution, fines and demotion, officials said.

The Defense Criminal Investigative Service has 17 open investigations involving 90 persons allegedly involved in credit card fraud. Other completed cases have resulted in jail terms, probation and restitution.

Examples: A Florida man, for example, pleaded guilty to placing fraudulent charges on 13 government credit cards. He was sentenced to 18 months in jail and 36 months' probation, and ordered to pay \$262,840 in restitution and other fees.

In another case, a Texas man pleaded guilty to using a government credit card to buy a television for personal use. He was fired and sentenced in federal court to a \$3,000 fine and \$1,400 in restitution.

A Virginia man must pay \$400,200 in restitution after pleading guilty to bribing Joint Staff Supply Service employees to buy from his office supplies company using their government credit cards. He was sentenced to 27 months in jail and 36 months' probation.

"The point is we do prosecute," Zakheim stressed. "We do get convictions, and people do pay either in jail time or in money or both."

Zakheim called the credit card programs a major and essential part of DoD's efforts to improve its business practices. The cards cut costs, free up funds for critical requirements and create the potential for



The Defense Department has issued about 1.4 million travel credit cards to individual employees and service members. Last year, cardholders charged some \$3.4 billion using the cards. The department has also issued about 207,000 purchase cards to persons authorized to buy office supplies and equipment. Last year, \$6.1 million was spent using DoD purchase cards. Photo illustration by Sgt W. A. Napper Jr.

accountability.

"What we're looking for now is better ways of executing that," he said. "The issue is not to eliminate the cards — that is going backward. ... What we've got to do is prevent misuse."

The problem is not widespread, Zakheim stressed. "I think sometimes people get the impression that there is this overwhelming degree of misuse. It is simply false." While the delinquency rate on the DoD cards is higher than for private sector cards, he noted, that doesn't mean the department thinks it's acceptable.

"No abuse is acceptable," he stressed.

"No delinquency is acceptable."

Since April 2001, defense officials have taken steps to reduce misuse, fraud and abuse and have succeeded in cutting the total delinquent amount from \$20 million to about \$6.9 million, he said. Because of one step, for instance, employees can't transfer to another office or leave the department until delinquent credit card charges are addressed.

"In other words, you can't just skip town," Zakheim said. Defense officials are looking at ways to make both individuals and supervisors responsible for fraudulent charges. "The best way to encourage people to do things properly is if they know it's ultimately going to come out of their pocket," he said.

Officials are also considering a way for the government to take some of the money out of an employee's pay and send it directly to the bank for the credit card bill. They're also looking at making credit card abuse a specific offense under the Uniform Code of Military Justice. They're looking at suspending employees' security clearances; increasing prosecution and possibly using state and local courts to prosecute; accelerating electronic billing for purchase cards; and improving training.

"You have to convince people that this is a major concern," Zakheim said. "The kind of money that can be lost this way is money that can be spent on bombs, bullets, readiness — whatever. It's not that people do not want to be responsible. It's sometimes that they need to be trained how to be responsible."



Magazine CEO discusses Corps' Programs

Former Marine and current President and Publisher of Exceptional Parent Magazine, Joseph M. Valenzano meets with Gunnery Sgt. Larry Thomas, Aug. 9. Thomas is the exceptional family member program coordinator for Marine Corps Air Station Miramar. Valenzano met with Thomas to discuss opportunities available in the civilian sector for EFMP families. Exceptional Parent Magazine, in coordination with Major League Baseball, recently donated more than 100 wheelchairs to Marine Corps Base Camp Pendleton for use by the EFMP family members there. Photo by Sgt. A.C. Strong

Commander's Statement on Equal Opportunity



Brig. Gen. Jon A. Gallinetti

As Commanding General of Marine Corps Air Bases Western Area, I am fully committed to Equal Opportunity for all Marines, Sailors, and civilian employees of this command, without regard to race, color, religion, gender, age disability, or national origin. Equal opportunity is the responsibility of all leaders and I expect all personnel to work toward an environment of mutual respect. Each member working aboard MCAS Miramar must have the opportunity to serve in an environment free from unlawful discrimination and harassment.

Sexual harassment and discriminatory conduct is incompatible with the Marine Corps core values of Honor, Courage, and Commitment and will not be tolerated at this command. This type of behavior threatens combat readiness by impacting an individual's emotional well being and impairing unit cohesiveness. Personnel engaging in discrimination or sexual harassment will be subject to appropriate disciplinary action.

If you observe or are a victim of sexual harassment you are encouraged to use your chain of command to resolve the situation. All leaders should strive to resolve discrimination complaints at the lowest possible level using the Informal Resolution System. For those requiring it, encouragement should be provided to use the Request Mast procedure, as it is the preferred method for reporting formal complaints. Additionally, personnel are encouraged to seek advice from the Equal Opportunity Representative/Advisor (military) or Equal Employment Opportunity Counselor (civilian) as appropriate. Reprisals, intimidation, or any further harassment related to such complaints will not be tolerated under any circumstances.

We all have the right to work in an environment free of sexual harassment and discriminatory conduct and I charge all leaders to foster an environment that treats everyone with dignity and respect.

Jon A. Gallinetti

Brigadier General, U.S. Marine Corps
Commander, Marine Corps Air Bases Western Area

Transportation Incentive Program begins with you

Are you frustrated with Southern California traffic? Are commuting times and costs adding up? Have you ever considered mass transportation? Have you given any thought to joining a Vanpool? Would you consider these alternatives if you were reimbursed for monthly commuting costs?

The Department of the Navy in cooperation with the Department of Transportation has created the Transportation Incentive Program (TIP). The TIP, which has been developed and implemented around the country, reimburses commuters for the use of mass transit lines and professional vanpools. Qualifying applicants are eligible to receive up to \$100 each month. The application process for the Transportation Incentive Program is really quite simple. Applications can be downloaded from an official Naval web site (listed below). The application is verified by Miramar's TIP point of contact and the form is finalized. The application is then forwarded to Navy Headquarters where qualification is determined. Once an individual is qualified they will begin to receive vouchers. The vouchers are used in lieu of hard currency to pay for bus, train or vanpool fees. Vouchers are distributed quarterly by Department of Transportation representatives who personally visit Miramar.

Mass transportation: Miramar personnel who live close enough to the air station can utilize local transit when commuting to and from work. Mass transit in the San Diego area includes: the Coaster Train, city and county bus lines, and the San Diego Trolley.

Professional vanpools: Another popular alternative for individuals who live in outlying areas such as: Temecula, Orange County and San Ysidro, is a vanpool. The program authorizes only vanpool vendors who meet the guidelines set forth on the vanpool application. Each vanpool must accommodate at

least eight people. The vanpool lease is the responsibility of the riders and is not involved in the TIP application process. The monthly TIP vouchers cover up to \$100 of the leasing fees. vanpool applicants must complete the standard application form as well as the vanpool supplemental application.

If you or anyone you know may have an interest please fill out an application found on the following website:<http://www.fmo.navy.mil/services/tip.htm>

There's a new badge in town

Provost Marshals Office Military police officers are sporting a new look with a redesigned Marine Corps-specific anodized badges. The new badge is larger than the previous one and is fastened to the pocket using only one pin instead of the previous three fasteners. It depicts the famous photograph of the flag raising on Iwo Jima with a small eagle, globe and anchor in the center. The badge is designed to prevent counterfeiting of the serial numbers and PMO officials say the new badge will help them stand out as Marine law enforcers.

Photo by Lance Cpl. Robert W. Wynkoop



Mir Remarks

If you could ask the commanding general anything, what would you ask?



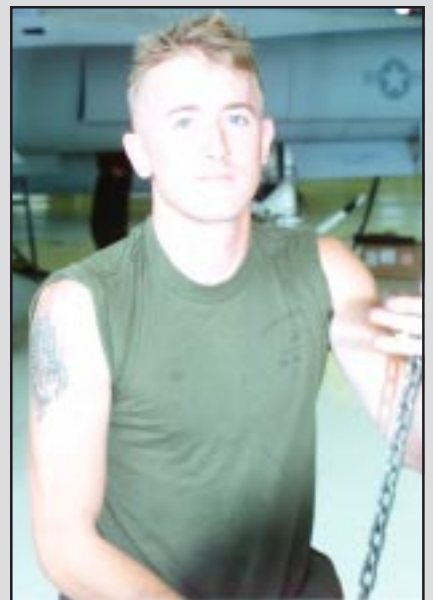
"Why is San Diego's BAH rates lower than other places that have a lower cost of living?"

Cpl. Randy Rukes
plane captain
VMFA-134



"If being in the military earns us rights like using the PX and Commissary, why are civilians allowed to shop there too?"

Lance Cpl. Ariel Smith
military police officer
H&HS PMO



"Why does PMO stop me from drinking alcohol outside of my room if I'm over 21?"

Cpl. Brad Hackett
plane captain
VMFA-134

San Diego Marines support National Kids Day

Story by 2nd Lt. C. M. Nelson

MCAS Miramar

San Diego area Marines joined the Boys and Girls Clubs of San Diego, Campfire Girls USA and local Boy Scouts in a pre-game party at Qualcomm Stadium to celebrate National Kids Day prior to the Padres game Aug. 4.

The Boys and Girls Clubs of America and Kids Peace, with the support of leading youth services organizations, created National Kids Day in 2001 as a day to foster relationships between adults and children.

“We had a good turn out,” said Maj. Spencer Farrar, 4th Tank Battalion community relations coordinator, Marine Corps Air Station Miramar. “The kids had fun getting their faces painted, doing pull-ups, and interacting with the Marines.”

Marines from 4th Tank Battalion and other Miramar units, Marine Corps Recruit Depot San Diego, 12th Marine Corps District and Marine Corps Base Camp Pendleton’s 3rd Assault Amphibian Battalion, joined to provide the children of San Diego with positive Marine role models.

“I think this is great,” said Sgt. Shawn M. Woodard, 3rd Assault Amphibian Bn., Marine Corps Base Camp Pendleton. “When I was a kid, I never had a chance to experience anything like this.”

More than a dozen Marines volunteered their time for this event. They brought High Mobility Multipurpose Wheeled Vehicles and an amphibious assault vehicle.

Children 6- to 18-years-old were afforded the opportunity to see how many Marine Corps pull-ups they could accomplish, talk with Marines and explore the military vehicles.

“This is a lot of fun for us,” said Lance Cpl. Uris I. Sierra, Marine Wing Support Squadron 373 Motor Transport Marine. “I love kids and it is pretty cool to show them the humvee.”

Not to be outdone, the MCRD mascot “Molly” ... a bulldog and MCAS Miramar Provost Marshals Office K-9 unit showed participants that Marines are not the only ones who work to get the mission accomplished.

“The kids really enjoy this,” said Sgt. Mike W. Mouat, Miramar PMO. “We brought out our friendlier dogs to do

these demonstrations so that the kids could get a chance to interact with them, even pet them.”

“Our goal today was to provide some good solid guidance for kids,” said Farrar. “Its not often that we get the opportunity to be out in public and to give back to our local community.”



Major Spencer Farrar, 4th Tank Battalion community relations coordinator, takes time to cammie up a child during National Kids Day Aug. 4 at the pre-game party at Qualcomm Stadium. More than a dozen Marines from the surrounding area showed for the event. Children ages 6- to 18-years-old had a chance to talk with the Marines and explore the military vehicles. Photo by 2ndLt. C. M. Nelson

Helo simulator helps pilots conquer “fear of the unknown”

Story by Lance Cpl. Robert W. Wynkoop

MCAS Miramar

Today he cut the fuel line. Yesterday, it was an engine failure. Day in and day out he tries to crash helicopters. The government knows his exact location. Yet, he’s never been arrested. In fact, it’s his job.

With the work of a computer, hundreds to be more specific, Jim Shirk, lead helicopter instructor here, puts helicopter pilots to the test in the CH-46E and the CH-53E weapons systems trainer here.

“Our job here is to take brand new pilots from flight school and teach them how to fly their individual aircraft,” said Shirk.

Every helicopter pilot new to Miramar is required to go through the simulator, Shirk said.

New pilots arriving from flight school, receive instruction on helicopter familiarization, instrumentation, advanced flight maneuvers, varying terrain flights, formation flights, external payload flights and flying with night vision goggles.

Climbing up the stairs to enter the simulator, it looks as if it’s a ride at a theme park. As a matter of fact, it could be. A local amusement park patterned its simulator theme-ride after Miramar’s flight simulators, according to Shirk.

One look inside the approximately \$25 million simulator, one can see it’s not for entertainment. Furnished with the exact instrumentation used in the actual helicopters, it combines reality with computers, immersing the pilots into a world of realistic sounds, sights and movements for split second decision-making, Shirk said. The entire course of instruction is taught hands-on in this computer-designed world.

The six-week course hones pilot reactions when something goes wrong in the aircraft. This is accomplished, Shirk said, by a computer display-screen listing pages of malfunctions the instructor can execute with the push of a button.

By presenting pilots with malfunction scenarios, the



The flight simulators here use all the same controls found in actual aircraft, providing instant response and realistic feel. Photo by Lance Cpl. Robert W. Wynkoop

simulator helps their reaction to emergencies become second nature.

“We help the pilots conquer the fear of the unknown by presenting them with every possible malfunction that could happen on that aircraft,” he added. “If they’ve done it in the simulator, it becomes instinct.”

The course schedule varies with each student, but in order to become a helicopter co-pilot, or H2P, pilots must pass 10 flights in the simulator, said Bob Eberly, simulator

manager.

Both helicopter simulators are dual piloted (every movement made on the left side of the cockpit also moves the right side) making the student to teacher ratio 2-to-1. This is very helpful during the training, Eberly said.

“If a pilot is having trouble, (the instructors) can sit in the cockpit and say ‘let me help you,’ and fly the maneuver with them,” Shirk said.

Simulator training is not only beneficial to the pilots themselves, but to the entire air crew as well, Shirk believes.

“That 19-year-old (private first class) riding in the back of the helicopter can trust his pilots because they already have more than 300 flight hours in the sim,” Shirk said.

A database of computers, spreading throughout a room nearly the size of a basketball court, controls everything the pilot sees. Computers control all the pilot’s surroundings during the flights, Eberly said.

“There is no delay or lag,” he said. “we have a near snap-shot of the entire west coast. With the push of a button, they are there instantly.”

Even with all the possible scenarios and computer technology, the training could not be accomplished without qualified instructors.

“I like the fact that our instructors have so much experience,” said 1st Lt. Christian M. Robertson, HMH-361 CH-53E pilot. “(Their instruction) gives me a lot of confidence in flying the aircraft.”

Instructors are usually all civilian-contracted but have served as Marine or Naval aviators in the past, said Max Kitch, retired Navy lieutenant commander, now a helicopter co-pilot instructor here.

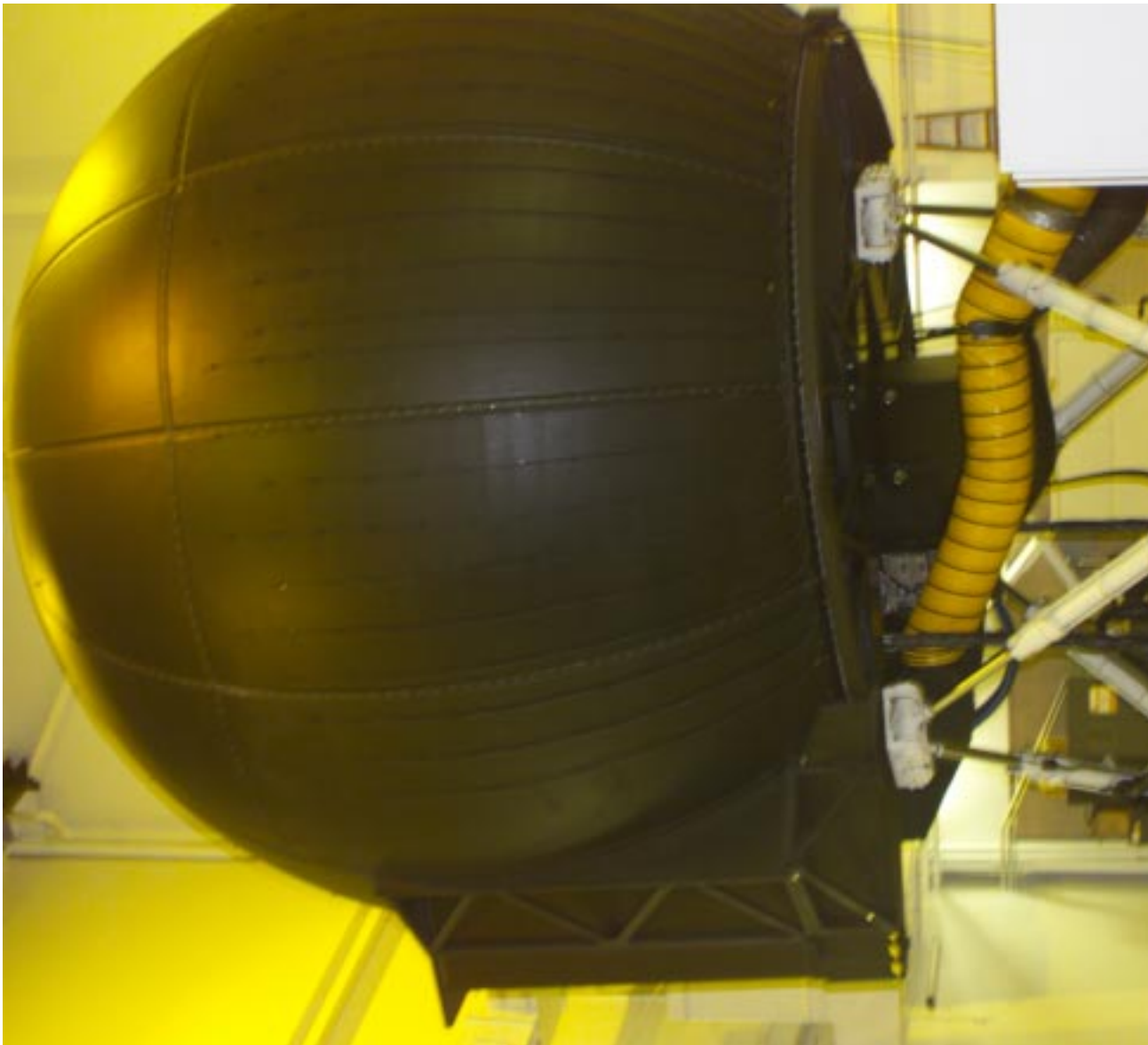
“I won’t put them through a scenario that I haven’t experienced myself,” said Kitch. “I’ve got (more than) 2,500 hours of flight time, I’ve been in almost every possible situation in a helicopter.”

Beyond all safety benefits of simulator flying, the trainers are much more cost effective than actual helicopters.

“An aircraft may cost \$2,000 per hour to fly, and the simulator might cost \$200,” Eberly stated. “But is definitely not a substitute for actual flying time.”

The simulators go through periodic changes in equipment but are upgraded in the same manner as actual aircraft, Eberly noted. Once the aircraft becomes obsolete, the simulator will as well, but one thing will remain constant the instructors.

It’s safe to say with all the near-crash experiences and “blinking red screens of death” they have had over the years, they live their lives on the edge ... the cutting edge of technology.



On the outside it looks like nothing more than a large dome. Once inside, one can see that the \$25 million simulator is not for entertainment. Furnished with the exact instrumentation used in actual helicopters, it combines reality with computers, immersing pilots into a world of realistic sounds sights and movements for split second decision-making. An aircraft may cost \$2,000 per hour to fly, simulator cost around \$200. Photo by Lance Cpl. Robert W. Wynkoop

Feature

Patriotism, continued from page 1

works exploded above it.

“I couldn’t stop crying,” said Mexican born, Ciro Melendez, who has lived in America for 14 years now, “I am an American and I love this country.”

All around the stadium patriotism was shown as awestruck children slapped high-fives with uniform clad Marines and Sailors.

“I’ve never seen so much patriotism,” said Justine Mikstacka, a Poznan, Poland native, “I wish my country had this much.”

The event had special meaning to all the

participants, but it was important to Miramar Marine especially.

“This was my last big “Ooorah” for H&HS,” said Gunnery Sgt. Sean Doran, H&HS squadron gunnery sergeant, “I’m leaving for the *USS Peleliu* soon and I couldn’t think of a better way to go out than to organize my Marines for the flag cer-

emony.”

Chargers Quarterback, Doug Flutie, expressed the team’s appreciation for what the service members in both the San Diego area and around the world do for their country.

“People make such a big deal about pro-athletes, but we’re just playing a game. What the military does is for real,” Flutie said, “They’re the real heroes.”

Outside the seating area, displays of military equipment were available to look at and touch. A Marine M198 155mm howitzer artillery gun and Humvess equipped with Mk19 40mm launcher, M2 .50 caliber machine guns and TOW weapon equipped were just a few of the things displayed at the Stadium. Aircraft Rescue and Fire Fighters from MCAS Miramar also had a rescue vehicle on display.

“I think it’s good for people to put their hands on the things they see on TV,” said Lance Cpl. Jason E. Roberts, Tango Battery, cannoneer, 5th Battalion, 11th Marine Regiment, Marine Corps Base Camp Pendleton, as he explained the ins and outs of Marine Corps artillery to fans.

The looming figure of an inflated Drill Instructor stood tall, as local area recruiters issued a chin-up challenge for the fans. Throughout the game, observers crowded around the pull-up bar. They seemed more impressed with the pull-up competition than the actual football game.

“After tonight, I really want to join the military,” said 17-year-old, Saint Augustine high school junior, Brandon Deilgat.

On the football field, the Chargers fought a hard battle against the Arizona Cardinals in their first preseason game, but slipped short of victory 21-17.



Master Gunnery Sgt. Gregory M. Simons 3rd Marine Aircraft Wing Band Master, conducts the 3rd MAW Band during the San Diego Chargers military appreciation night at Qualcomm Stadium. The 3rd MAW Band combined with band members from Marine Corps Air Ground Combat Center Band, Twentynine Palms and Marine Recruit Depot, San Diego. Photo by Staff Sgt. John D. DiDomenico

‘Wolfpack’ helps deliver range on target

Story by
Cpl. Benjamin M. George

Okinawa Marine Staff

SAIPAN, Micronesia — Two CH-53E ‘Super Stallion’ helicopters of Marine Heavy Helicopter Squadron-466 currently assigned to Marine Aircraft Group-36, 1st Marine Aircraft Wing, externally lifted 57 CONEX boxes from the *USNS Concord* and delivered them to an island range north of Saipan this week.

The helicopters were transported from Okinawa to Saipan via Maritime Prepositioning Ships. The lift marked the first time the aircraft have been transported in such a method.

The *USNS Concord* hauled the CONEX boxes from Guam to just off the coast of Saipan. From there, the CH-53s externally slung the boxes and delivered them to Farallon de Medinilla, a naval gunnery range 55 miles north of Saipan.

The helicopter squadron worked hand-in-hand with Marines of 3rd Transportation Support Battalion, 3rd Force Service Support Group, III Marine Expeditionary Force, to com-



(From left to right) Gunnery Sgt. John Mackus, maintenance control staff noncommissioned officer-in-charge, Sgt. Jeff Doble, CH-53E crew chief, 1st Lt. Ronald Green, CH-53E pilot, and Cpl. Aaron Parker, CH-53E crew chief and mechanic, HMH-466, MAG-36, work to figure out the exact placement of support struts for the propeller blades. The struts were applied to secure the blades from rough seas and high winds. Photo by Cpl. Benjamin M. George

plete the mission. A helicopter support team from 3rd Transportation Support Battalion did their part on the flight deck of the *Concord*, securing the boxes for lift. The boxes, which weigh 7,000 to 8,000 pounds, will be used as targets.

“Heavy lift operations are the



Petty Officer 1st Class Robert W. Rennic, quartermaster, Commander Naval Forces Marianas, and Bear Lake, Mich., native, signals the pilot of the CH-53E helicopter for placement of the CONEX box being lifted.

Photo by Cpl. Benjamin M. George

primary mission for our squadron,” said Capt. Alexander Kuzma, CH-53E pilot, HMH-466. “No other squadrons are equipped to do these types of missions. When we get the opportunity for heavy lift, we like to get out and do it.”

HMH-466, also known as ‘Wolfpack,’ is based in MCAS Miramar where the squadron is assigned to MAG-16, 3rd Marine Aircraft Wing. The squadron is currently stationed on Okinawa as part of the Unit Deploy-

ment Program.

The ‘Wolfpack’ arrived on Okinawa the first week of July, and is scheduled to head back to California after Christmas, according to Sgt. Jeff A. Doble, CH-53E crew chief.

The squadron remains in Saipan for the time being to finish delivery of the targets. Afterwards the squadron is scheduled to return to Okinawa aboard the MPF ships. The return trip will take approximately three days.

Battle Color Detachment performs for Queen Elizabeth II

Marine Barracks Washington D.C.

Marine Barracks 8th & I

EDINBURGH, Scotland — The United States Marine Corps Battle Color Detachment, from Marine Barracks, Washington, D.C., performed for Queen Elizabeth II here, Aug. 5, in celebration of



Members of the Marine Corps Battle Color Detachment meet Queen Elizabeth II after performing on the esplanade of Edinburgh Castle Aug. 5, during the Edinburgh Military Tattoo in Edinburgh, Scotland. The 2002 Edinburgh Military Tattoo’s theme is “Her Majesty The Queen’s Golden Jubilee,” recognizing the 50th anniversary of the queen’s coronation. Photo by Sgt. Marshall A. Paull

“Her Majesty The Queen’s Golden Jubilee” during the Edinburgh Military Tattoo. The Jubilee celebrates the 50th anniversary of the queen’s coronation.

The 2002 Edinburgh Military Tattoo opened Aug. 2, and continued through Aug. 24. Considered to be the most prestigious evening military celebration in the world, the annual tattoo draws approximately 800 performers, 250,000 visitors and 100 million television viewers worldwide.

It is conducted on the esplanade of historic Edinburgh Castle, the second most visited monument in Britain after the Tower of London.

“The Commandant’s Own” performed as evening fell Aug. 5 on the hauntingly lit castle esplanade for the guest of honor, Queen Elizabeth II. Special guests in the audience also included the Commandant of the Marine Corps, Gen. James L. Jones, and the 30th Commandant, Gen. Carl E. Mundy Jr.

The Drum and Bugle Corps’ musical program included “Berlioz’s Fanfare” by Hector Berlioz, “The Stars and Stripes Forever March” by John Philip Sousa, “New York, New York” by John Kander and Fred Ebb, and concluded with the Marines’ Hymn.

The crisp acoustics of the castle esplanade accentuated not only the precision of the musical group as a whole, but also the featured soloists within the group of Marines in red coats.

The crowd’s ovation crested and

subsided, and served as the transition from brilliant musical sounds to the Marine Corps Silent Drill Platoon’s “silent thunder.” The platoon emerged on the esplanade for its exhibition of disciplined and precise drill movements, equipped with glistening M-1 Garand rifles, bayonets fixed.

The Battle Color Detachment’s performance was an expressive display of the traditional sights and sounds associated with the esprit de corps of the United States Marine Corps.

The detachment was not the only Marine Corps unit invited to perform

during the Edinburgh Tattoo. The Albany Marine Band from Marine Corps Logistics Base, Albany, Georgia, also deployed to Scotland. The Albany Marine Band will deliver the traditional sounds of the U.S. Marine Corps to the masses gathered in Edinburgh for the duration of the tattoo.

The Battle Color Detachment returned to “8th & I” Aug. 8, to resume their scheduled weekly summer performances for the evening parade every Friday at Marine Barracks, and the sunset parade every Tuesday at the Marine Corps War Memorial in Arlington, Va.

Aquatic exercises good enough for anyone, any age

Story by S. Anne Booth

Contributing Writer

Does the idea of exercising in a pool leave you waterlogged? Do you get drenched at the thought of swimming endless laps day after day, or undergoing physical therapy for an injury or disability?

These days swimming pools are overflowing with healthy people performing everything from aquatic yoga, kick boxing and aerobics, to bicycling and cross country skiing. Some even hop in the pool with their tennis racket, golf club or baseball bat, to strengthen and hone their swings.

Aquatic exercises essentially use water as a piece of exercise equipment. This type of aerobics allows a person to get the same benefits as regular aerobic workouts, but has many advantages. One benefit is that water aerobics allows a person to exercise every muscle and joint in the body all in the same workout. As with most aerobic workout routines, there are always beginner, intermediate and advanced modifications with each movement taught.

Kelly Sitar, Marine Corps Community Services assistant fitness director, teaches the Monday and Wednesday morning classes at the 50-meter pool here. The

aqua aerobics class has been offered at Miramar now for three summers. Sitar said the classes offered here have really caught on, mostly due to the variety of moves involved and also because the class is easy enough for anyone at any age to begin.

Earlier this year, Japanese researchers found that people ages 60 to 75 who performed basic water workouts three times a week, for 12 weeks, improved in all three major measures of physical fitness. These areas include flexibility, aerobic capacity and strength. This kind of exercise also reduced body fat and cholesterol levels.

A person doesn't need to know how to swim in order to take advantage of water aerobic exercise. They can wear one of many devices that enable them to stay afloat with little effort. Beverly Vonwinkel, 61 and regular in the Monday and Wednesday class hated the idea of swimming in a pool

before attending the classes here.

"I now absolutely love the good workout that this class provides," she said. "I feel so energized afterward."

Another benefit of water aerobics is that it allows a person to run, jog and walk underwater in a pool which ultimately strengthens the leg and hip muscles – the quadriceps, hamstrings and gluteus – while also helping to develop cardio-respiratory fitness in a low-impact format.

According to Sitar, it is also a safer way to do aerobics, which is an advantage for overweight, pregnant, or frail individuals and those with back or joint problems. Equally important, just being in a pool is cooling, energizing and, because of its buoyancy, literally uplifting.

As with any exercise program, talk to your healthcare professional or physician before starting an aerobic program. For more information on aqua aerobics, call 577-4128.



Fore for History

Paul Lebidine sinks a putt during the second annual Flying Leatherneck Historical Foundation and Marine Corps Recruit Depot Museum Historical Society Golf tournament. Nearly 40 duffers from all over Southern California hit the links at the Miramar Memorial Golf Course here, Aug. 2. Golfers teed off at 8 a.m., and although the event was for charity, many played to come out on top. The foursome of Kevin Hopkins, Travis Methvin, Paul Lebidine and Dough Robert were such players – teeing off for charity, playing to come out on top of the only sport where no one wins. "Dough and I came in second last year, so I guess you could say we were defending our runner-up positions," said Kevin Hopkins. "We really just wanted a day to play some golf and have a good time." All proceeds from the event were divided equally between the Flying Leatherneck Historical Foundation and Marine Corps Recruit Depot Museum Historical Society.

Photo by Sgt. W.A. Napper Jr.



Kelly Sitar, Marine Corps Community Services assistant fitness director, teaches the Monday and Wednesday morning classes at the 50-meter pool here. The aqua aerobics class has been offered at Miramar now for three summers. Researchers found that people ages 60 to 75, who performed basic water workouts three times a week, for 12 weeks, improved in three major measures of physical fitness. Photo by S. Anne Booth

- ◆ Sunday: Choir Rehearsal at 9 a.m.
Liturgical Worship at 9:30 a.m.
Adult/Youth/Children Bible Study at 10:45 a.m.
- ◆ Tuesday: Morning prayer group (Room 4) at 6 a.m.
Contemporary Gospel Service at 7 p.m.
- ◆ Wednesday: Crafts and Conversation at 9 a.m. Free childcare provided.
- ◆ Thursday: Liturgical choir rehearsal at 7:30 p.m.

Kosovo, continued from page 1

in the Mediterranean Sea area, but in this case the Corps sent a company from the Alert Contingency Battalion from Camp Lejeune, N. C.

The Alert Contingency Battalion, part of the Alert Contingency Marine Air Ground Task Force, is a II Marine Expeditionary Force asset, which stands ready to provide the U.S. with ground, air, and combat service support capability on a moment's notice in case of a crisis. Rapid Guardian 3-02 marks the first time the Alert Contingency Battalion has been used as part of an operational rehearsal. The Marines here carry out their mission by conducting both urban and mountain patrolling, establishing observation and listening posts, and by conducting checkpoint operations, said Maj. Anthony Lanza, Company G commanding officer.

"My goal is to be where the smugglers don't think we are going to be," said Lanza whose Marines are trying to prevent the illegal entry of weapons into Kosovo. The Marines are also looking for large quantities of black market goods like cigarettes that can be sold to fund resistance efforts.

Patrolling their mountainous zone is no easy task. Recent rains have turned the roads to mud so thick even the mighty humvee has a difficult time getting around. Safety is paramount here because several of the mountain passes provide driving challenges accepting no mistakes.

Much like the dangers of the vertical terrain, the flat grounds also pose a threat. This is where the Serbian forces

planted their land mines.

Only one week into the operation, the Marines have already found "three pieces of unexploded ordnance," according to Lanza. One was a suspected land mine. The Marines have also noted two bunker systems, presumed to be Serbian, previously not found by other KFOR units.

For one Marine from G Company, coming this close to home with the Marine Corps is somewhat eerie. Although currently hailing from Brooklyn, N.Y., Lance Cpl. Ervin Dine was born just a few hours southwest of the Marines' current location in a concentration camp in Gjaze, Albania. Dine was born shortly after the socialist regime arrested his father, sentencing him to 10 years in a political prison.

In 1992, at the age of 13 and after his father's release from prison, Dine and his family were forced to change their last name and leave the country of Albania. They arrived in Italy and subsequently immigrated to the United States. In the process they regained the family's original surname.

For Dine, being a bona fide U.S. Marine in this part of the world rockets him to celebrity status. Many ethnic Albanians living in Kosovo recall the 26th MEU's arrival during the summer of 1999 as the first group of U.S. peacekeepers in the area. The MEU liberated much of the region from Serbian forces trying to expel the ethnic Albanians from Kosovo in order to make an "ethnically pure" Serbia. "A lot of people get excited when they find out that I am a Marine," said Dine. G Company was activated in January 2002 for one year in support of Operation Enduring Freedom and is attached to the 4th Marine Expeditionary Brigade. The company is home based in Dover, N.J.



Staff Sgt. Mario Monaco (left), 3rd platoon sergeant for G Company 2/25, and Lance Cpl. Ervin Dine prepare for a day of patrolling near the border of Macedonia. Dine, born in Albania, is considered to be a local celebrity with ethnic Albanians living in Kosovo. Photo by Master Sgt. Phil Mehringer